

Reiki – Universal Life Energy

Reiki is thought of as a spiritual practice that is compatible with all religions and is a powerful, effective hands-on technique, healing the mind, body and spirit. The word “Reiki” means universal life energy. The first syllable “Rei” denotes spiritual consciousness and describes the universal, limitless aspect of this energy, while “ki” is the vital life force energy that flows through all living beings.

The medical establishment is beginning to view Reiki as an effective, low-tech, low-cost way of promoting healing. It’s meant to supplement traditional healing techniques, not to replace them. It’s been reported that cancer patients at *Memorial Sloan Kettering Hospital* in New York receive Reiki where at least six doctors and 12 nurses have taken Reiki training. *The Reiki Clinic* at the *Tucson Medical Center* has a team of Reiki practitioners as well. It is not suggested that seriously ill clients abandon conventional treatment, for Reiki is meant to be used in conjunction with traditional medicine.



Reiki balances and revitalizes the body, prevents diseases and strengthens the immune system...and has been known to help in most conditions, including sinusitis, menstrual problems, migraine, cystitis, asthma, back pain, menopausal problems, tension, depression and chronic ailments. Perhaps the gentlest of the healing methods, Reiki uses up to nine different hand positions on the body. Clients lie on a massage table in a low-lighted room while meditative music plays in the background. As soon as the practitioner's hand makes contact with the body, the healing energy flows as it moves through and exits through the feet. At times, practitioners lightly lay their hands on a client's body. Other times, they barely touch their clients, placing their hands inches away from the person. Clients have been known to experience deep relaxation within minutes. Sessions can last up to an hour, with each hand position being held for 3 to 5 minutes or longer. During a Reiki session, the client may feel varying degrees of heat, cold, pulsations, waves of energy or nothing at all. What the client

feels depends upon their need and what ever blockages may be present.



Reiki is quite effective when used to control pain and relieve anxiety, as well as accelerate the process of healing. This universal life force energy can be used anytime, anywhere, and works as effectively holding a hand, as it does during a complete treatment. Regardless of what ever condition one might have, anyone can experience a Reiki treatment. When combined with the mental, emotional and spiritual readiness of the client, Reiki is a powerful, effective and gentle hands on healing technique.

To schedule a session with Robear Papin, please call *Lighted Paths* at 713-812-7461,
or send an email to info@LightedPaths.org